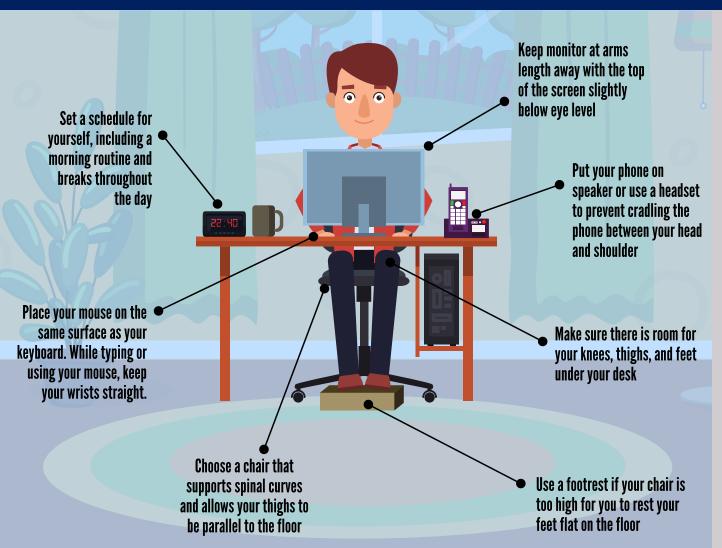


STAY HEALTHY WHILE WORKING FROM HOME DURING COVID-19





- Pick a place for your desk that will allow you to focus
- Stick to your morning routine to help prepare for a productive day
- Have a to-do list and stick to your schedule
- Communicate check in with your boss and colleagues
- Build breaks into your schedule so you can step away for a bit
- If using a laptop, buy a keyboard attachment for better placement and posture